Niagara Falls
Presented by Kevin Woyce

November 8 at 1 PM
Join us for an illustrated tour of the Niagara River, from its historic bridges and forts to modern-day parks and tourist attractions. Discover how the river, falls and gorge formed, and see how they have changed over the years.

Kevin will also introduce the river’s explorers and settlers; daredevils who risked their lives for fame or fortune; businessmen who harnessed the falls’ power; and the conservationists and visionaries who saved the falls for generations of visitors.

Please call the Senior Center to register and for a ride.

Annual Middlesex High School Holiday Luncheon

December 10 at 2 PM
Please call the Senior Center to RSVP and register for a ride. Thank you to everyone that helps to coordinate this event: Mr. Inciong (Band), Mr. Adams (Chorus), Mr. Swartz (Key club), Mr. Schnappauf and his team (Food services)!
Cost is $4. Please pay at the door.

Due to the holidays, grocery/errands for December 24/31 has moved to Monday, December 23/30.

Senior Center Hours
Senior Center Regular Operating Hours are
Monday – Friday 8:30 AM – 4 PM
The Center may close during periods of inclement weather to insure the safety of participants and staff using the facility. Announcements of closing will be carried over local radio stations. Should a scheduled trip need to be cancelled, we will contact you. Participants are encouraged to call the Center should there be questions about rescheduling meetings or activities.

**SENIOR STAFF**

Melissa DeMarino, Director  
Sally Lynch, Administrative Assistant  
Drivers: Phil Lore, Laura Meixner, Michael Rick

**IMPORTANT PHONE NUMBERS**

**MEDICARE:** 1-800-633-4227

**PAAD/Senior Gold**  
(NJ Prescription Assistance): 1-800-792-9745

**MIDDLESEX BOROUGH**

**EMERGENCY**  
(Fire, Police, Poison): 911

Police Department  
(Non-Emergency): 732-356-1900

Fire Department  
(Non-Emergency): 732-356-7400 ext. 263

**Middlesex Senior Center:** 732-356-0414

**Middlesex Borough:** 732-356-7400

**Middlesex Public Library:** 732-356-6602

**Middlesex County**  
**Middlesex County Office of Aging:** 732-745-3295

**Middlesex County Board of Social Services:** 732-745-3500

---

**It's that time of year again!**

Open Enrollment for Medicare is happening. If you need assistance please call the Senior Center to schedule an appointment. Deadline to adjust your plans is December 7th.

**Dunellen Movie Theater Senior Matinee Time Change**

The Senior Matinee time has changed from 12 PM to 10 AM on the 3rd Monday of every month. Please contact them with any questions.

**Inclement Weather Policy**

The Center may close during periods of inclement weather to insure the safety of participants and staff using the facility. Announcements of closing will be carried over local radio stations. Should a scheduled trip need to be cancelled, we will contact you. Participants are encouraged to call the Center should there be questions about rescheduling meetings or activities.

**We are here to help...**

If you need assistance with your PTR, PAAD, or Senior Gold applications please call 732-356-0414 to schedule an appointment.

**Maximum income for eligibility of PAAD:**  
Single - $27,951  Couple - $34,268

**Maximum income for eligibility of Senior Gold:**  
Single - $37,951  Couple - $44,268
### Cards

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>11</td>
<td>OFFICE CLOSED NO MEDICAL TRIPS OR ZUMBA</td>
<td>Grocery/Errands: 9 AM</td>
<td>Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM</td>
<td>Zumba Gold Toning: 9:30 AM Trip to Monmouth Mall: 10 AM Chair Yoga: 1:15 PM</td>
<td>Cards: 9 AM Zumba: 9:30 AM</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>Trip to Dunellen Movie Theater $5: 10 AM Zumba: 1 PM</td>
<td>Walmart - Manville Trip: 10:30 AM</td>
<td>Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM</td>
<td>Zumba Gold Toning: 9:30 AM Trip to Parx: 9:30 AM Chair Yoga: 1:15 PM</td>
<td>Cards: 9 AM Zumba: 9:30 AM</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>Zumba: 1 PM Trip to Wegman’s &amp; Olive Garden: 11 AM</td>
<td>Grocery/Errands: 9 AM</td>
<td>Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM</td>
<td>OFFICE CLOSED</td>
<td>OFFICE CLOSED NO ZUMBA</td>
</tr>
</tbody>
</table>

### December 2019

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>9</td>
<td>Zumba: 1 PM</td>
<td>Grocery/Errands: 9 AM</td>
<td>Lunch with the Mayor</td>
<td>Trip to Bosco (PA) &amp; Lunch: 9 AM Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM</td>
<td>Cards: 9 AM Zumba: 9:30 AM</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>Zumba: 1 PM Trip to Dunellen Movie Theater $5: 10 AM</td>
<td>Walmart - Manville Trip: 10:30 AM</td>
<td>Cards: 9 AM Ageless Grace: 9:30 AM Bingo: 10:30 AM Trip to see Holiday Lights: 4:30 PM</td>
<td>Trip to Wind Creek: 9:30 AM Zumba Gold Toning: 9:30 AM Chair Yoga: 1:15 PM</td>
<td>Cards: 9 AM Zumba: 9:30 AM</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>Grocery/Errands: 9 AM Zumba: 1 PM</td>
<td>New Year’s Eve</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Election Day is Tuesday, November 5th
We encourage you to get out and vote. If you need transportation to the polls, please call the Senior Center to schedule a ride.

Daylight Saving Time
Don’t forget to turn your clock back 1 hour on November 3rd.